



Wanaew-Kesog  
Crusted Snow Month

March 2009  
Vol 09-03



## Maehnowesekiyah Wellness Center

### "One Day at a Times" Newsletter

## March 16-20 is Inhalant Awareness Week

Maehnowesekiyah Wellness Center would like to take this opportunity to share with the community our observance of the annual **Inhalant Awareness Week**. Throughout the week, Prevention staff will be talking with community youth through in-school and after-school activities about the dangers of inhalant use.

Prevention through education has proven to work against this popular form of substance abuse. This is why the National Inhalant Prevention Coalition has developed **National Inhalants & Poisons Awareness Week (NIPAW)**, an annual media-based, community-level program that takes place the third week in March.

Many parents may not realize that Inhalants are cheap, legal and accessible products, and are popular among middle school students. Even fewer realize the deadly effects the poisons in these products have on the brain and body when they are inhaled or "huffed." It's like playing Russian Roulette. The user can die the 1st, 10th or 100th time a product is misused as an inhalant.

Please help us by taking the time to talk to at least one youth about the danger of sniffing or huffing inhalants, it could save their lives. According to the Partnership for a Drug-Free America, "if you talk to your kids about the risks of inhalants, they are 36% less likely to abuse an inhalant." Parents can make a tremendous impact on their kids' choices by talking to them.

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#### Our Mission

-Provide culturally specific Alcohol, Drug, Mental Health, Adolescent, Domestic Violence, Treatment, Education and Support Services for Native Americans and their Families.  
-Be responsive to community needs by providing comprehensive continuum of AODA and other services  
-Promote positive relationships between MWC, Resource providers and the Community.

#### Phone Numbers

Mainline-  
(715) 799-3835  
Fax  
(715) 799-3836  
DV Line  
(715) 799-3931  
DV Hotline 1-888-  
799-3931  
Runaway Hotline 1-  
800-474-6689



## ASK DR. STEVE- The Dangers of Inhalants?

Dr Steve Dakai is the Treatment Supervisor  
at Maehnowesekiyah Wellness Center



**QUESTION:** What are the specific dangers of using Inhalants?

**ANSWER:**

Nearly all abused products produce effects similar to anesthetics, which slow down the body's function.

Varying upon level of dosage, the user can experience slight stimulation, feeling of less inhibition or loss of consciousness.

The user can also suffer from Sudden Sniffing Death Syndrome. *This means the user can die the 1st, 10th or 100th time he or she uses an inhalant.*

Other effects include damage to the heart, kidney, brain, liver, bone marrow and other organs. Results similar to Fetal Alcohol Syndrome may also occur when inhalants are used during pregnancy.

Inhalants are physically and psychologically addicting and users suffer withdrawal symptoms. Other symptoms that occur with inhalant use are:

- Potential Sudden Sniffing Death at any use, even the first time
- Short term memory loss
- Hearing loss
- Limb spasms
- Permanent brain damage
- Bone marrow damage
- Liver and kidney damage

To read any of Dr Steve's articles in full or to post your own question to Dr Steve email him at [sdakai@mitw.org](mailto:sdakai@mitw.org)

# A Special Warning to our Youth-



## INHALANTS CAN KILL

Even the first time.

Please avoid using any Inhalants



# REAL STORIES OF INHALANT ABUSE

These stories help illustrate the shocking reality of inhalant abuse.

## Teens family thought he had broken inhaling habit

Six months ago, Carol Heck caught her grandson, Jordan H. Gray, inhaling gasoline fumes in an attempt to get high.

He promised her he'd never do it again.

He broke that promise on Tuesday afternoon and it cost him his life.

Gray, 15, of Bay City, fell victim to what substance abuse professionals refer to as a non-mainstream killer - a practice known as "huffing," in which volatile, intoxicating substances are inhaled.

Gray, a student at Wenona Center Alternative School, 312 S. DeWitt St., was killed, and a friend, David Commire, 14, also of Bay City, a student at Central High School, was critically burned when the gasoline fumes they were inhaling ignited.

"When we caught him, I felt it was a big enough problem, so he started meeting with a counselor," Heck said this morning. "We got rid of everything that could hold gas so the temptation wouldn't be there.

"We were doing everything we could."

Heck described her grandson as a "good kid" who was dealing with a lot of anger, as well as depression since his mother died five years ago and his younger brother was diagnosed with cancer.

Gray had been living with Heck.

"Over the last month, thanks to some medication he was taking, Jordan got more focused and carefree. He was really coming around," said Heck, who added that she continued to remind her grandson about the dangers of huffing.

"He swore to me again, just a week ago, that he'd never do it again," Heck said.

## Prison Sentence for Huffing Related Crash

From the Oregonian in Portland, Oregon:

A 23 year-old woman was recently sentenced to more than 8 years in prison for an inhalant-related car crash in August that killed a 16 year-old girl. The girl had been a passenger in her car.

The woman is a mother of two children under the age of 3 and she admitted to huffing nitrous oxide while driving. She then "blacked out and crashed into a tree about 12 feet off the roadway." A third passenger suffered a broken leg while the fourth sustained internal injuries.

The woman was sentenced to "more than six years in prison for manslaughter and 13-month sentences for each of two assault charges. Her one year sentence for driving under the influence will be served at the same time she is serving her other sentences."



# Employee Page



**Happy Birthday!!!**

Fuller, Mark 17



**Happy St Patty's Day 3/17**

FACT: Did you know that the Irish culture was organized by clans just like us?

## Staff Share their thoughts on Inhalant Abuse.

I am grateful that the prevention department and schools are teaching the dangers of inhalants and other chemicals to young children because I have noticed that many of my clients have started when they are 9-10.

**Brenda Johnson**

The best thing you can do for someone abusing chemicals in any form is to get help for them. They may be angry at you now but they will be grateful in the end.

**Lisa Mohawk**

I have seen first hand the effects of sniffing and huffing on our people, please think twice about this.

**Randy Chevalier**

## New Programming Note

Starting Monday April 6<sup>th</sup>, 2009 Maehnowesekiyah Wellness Center will be starting a new Pre-Registration and AODA Assessment Process.

Pre-Registration will be available each Tuesday and Thursday from 9am – 4pm. You must either call in to set up an appointment time for that day or walk-in to be seen. Only 6 people will be seen each day so it is best to call early or arrive early. You must arrive with your assessment fee ready to be paid.

Assessments will be held each Monday morning. They will be available on a walk-in basis only. The process works much in the same way as the dental/optometry walk-ins at the clinic. First come/ first serve. Arrive at 8am to get on the sign-up list. The first 12 on the list will be seen that day.

These changes are to cut-down on the assessment waiting list and no-show rates and overall to improve our services to the Menominee people. For any questions contact MWC at 799-3835

# DRUGS OF ABUSE

This article series reveals in real, no nonsense terms, the prevalence, effects on the body and addictive properties of various drugs out there. Please share this information with your family and other loved ones

This month's Drug of Abuse is one of the most dangerous and is completely **LEGAL-Inhalants**

## *Inhalants*



## What are Inhalants?

Inhalants are any toxic fume that can be sniffed or huffed to get a high. Below is a list of common ones,

- Gas
- Spray Paint
- Paint thinner
- Turpentine
- Permanent Markers
- Glues
- Canned air
- Nail polish remover

And many other common household items.

## Dangers to the Body

Immediate dangers are SSDS (Sudden Sniffing Death Syndrome). Immediate death by suffocation or heart attack may occur.

The Long term dangers include damage to the brain or other vital organs like the Heart, kidneys and Liver.

Other dangers include accidental falls and crashes that may occur while under the influence of a inhalant

Inhalant use is another "gateway" to more serious or addictive drug use.

## How you can help

The Best defense is talking with your youth about the dangers of using inhalants. Ignoring the problem or not mentioning the issue puts our youth at greater risk as most often the user is not aware of how dangerous huffing and sniffing can be.

Try to use non-toxic substances in your home. Keep the dangerous ones out of reach of children.

Watch for warning signs, smell in their room or on their cloths, baggies, rags, empty containers.

Info provided by INHALANT.ORG



## White Bison Inc. JOURNEY FOR FORGIVENESS-Fundraising Underway

White Bison is proud to announce our 2009 Wellbriety Journey for Forgiveness, which will begin May 16th in Salem, Oregon and travel across the United States.

As many of you may already be aware, this Journey across the country will focus on community issues regarding boarding schools and intergenerational trauma. We believe that in order for our communities to begin the healing process, we must start with addressing these issues and finding a way to forgive.

White Bison is asking for your help and support. In order to raise funds for this journey, we are conducting a Fund-a-Mile program in which we are asking for \$18.79 per mile. We chose this number to honor the year that the first off-reservation boarding school was opened up in Carlisle, PA. We are looking to raise 6,800 miles worth of funding. White Bison is now actively searching for grassroots fundraisers who are supportive of the Wellbriety Movement and have a continuing passion to help their communities find hope and healing.

Grassroots fundraisers would go out into the community and find others who would be willing to share their generosity by making a donation. For every \$18.79 we would send a "2009 Forgiveness Journey" bracelet. For every \$30 donated, we would send a "I Supported the 2009 Wellbriety Journey for Forgiveness" t-shirt. White Bison will send a Grassroots Fundraising Kit, which would provide you with all of the information you would need to support a fundraising effort.

If you are interested in helping us with this journey, please contact Joan Dacus on the White Bison toll free number 1-877-871-1495, or call us at 719-548-1000. Please feel free to log onto the White Bison website [www.whitebison.org](http://www.whitebison.org) for further information as well. Thank you so much for your continuing support of the Wellbriety Movement. We appreciate all you do to help!

In Wellbriety,  
Don Coyhis  
President  
White Bison, Inc.

## Elder Words of Wisdom- *Connectedness*

*"the Creator was responsible for the existence of everything, a part of the Creator's spirit exists in everything and thus all things are connected."*

--Larry P. Aitken, CHIPPEWA



Courtesy [Whitebison.org](http://Whitebison.org)

## Maehwesekiyah Wellness Center-Prevention Department



# Talk to your KIDS about INHALANTS

### 6-11 YEAR OLDS

- Discuss what poisons are, and what effects they have on a healthy body.
- Talk about oxygen and how it is needed to sustain life.
- Play a game, "is it safe to smell or touch?" Find pictures of various household products and other items in a book or magazine and ask your child, "is it safe to smell or touch and why?"
- Open windows or use fans when products call for proper ventilation.
- Discuss the purpose of common household and commercial products.

Explain that when misused, certain fumes or gases may harm the body, act as a poison; and can make the child sick.

### 12-18 YEAR OLDS

- Ask your pre-teen or teenager if he or she knows about Inhalant Abuse or is aware of other kids abusing products.
  - Reinforce peer resistance skills. Tell him or her that sniffing products to get high is not the way to fit in. *Inhalants are harmful*: the "high" comes with a high cost.
  - Encourage your child to come to you if he or she has any questions about Inhalants.
  - Tell your child that the consequences of Inhalant Abuse are as dangerous as those from abusing alcohol or using illegal drugs. Be absolutely clear.
- emphasize that unsafe actions and risky behavior have serious consequences.

For more Info visit [INHALANT.ORG](http://INHALANT.ORG)



### Winter Round House Wrap-up

Maehnowesekiyah Wellness Center would like to sincerely THANK all of those that helped to make our 2009 Winter Round House the best year ever.

In particular, we would like to thank the following Drum groups, KPS Drum-Mahwahsah, Wind Eagle, Nanapowe, Giitaa-se, Five Clan, Robert Van Zile and his Youth Drum-Spotted Eagle, and the Thunder Boys. We had an exceptional turn out this year of Drum groups with at least 3 drums at each event.

We would also like to Thank the Menominee Veterans for representing at each event.

We are grateful to all community Speakers and Presenters and co-sponsors for helping with this year's Gatherings. We would like to Invite you all back next year so we can "Do it again".

## Upcoming Events

- **SPRINGTIME (I promise),???**
- **Alcohol Free Weekend, April 3-5**
- **Neopit Easter Egg Hunt, April 11th, sponsored by Neopit Planning Committee**
- **"Teens for Change" Conference, April 17-19**
- **Sturgeon Feast /Water Walk, April 25th**
- **Youth Awareness Day, May 14th**



**FOR MORE DETAILS CALL 799-3835 OR WATCH FOR FLYERS**

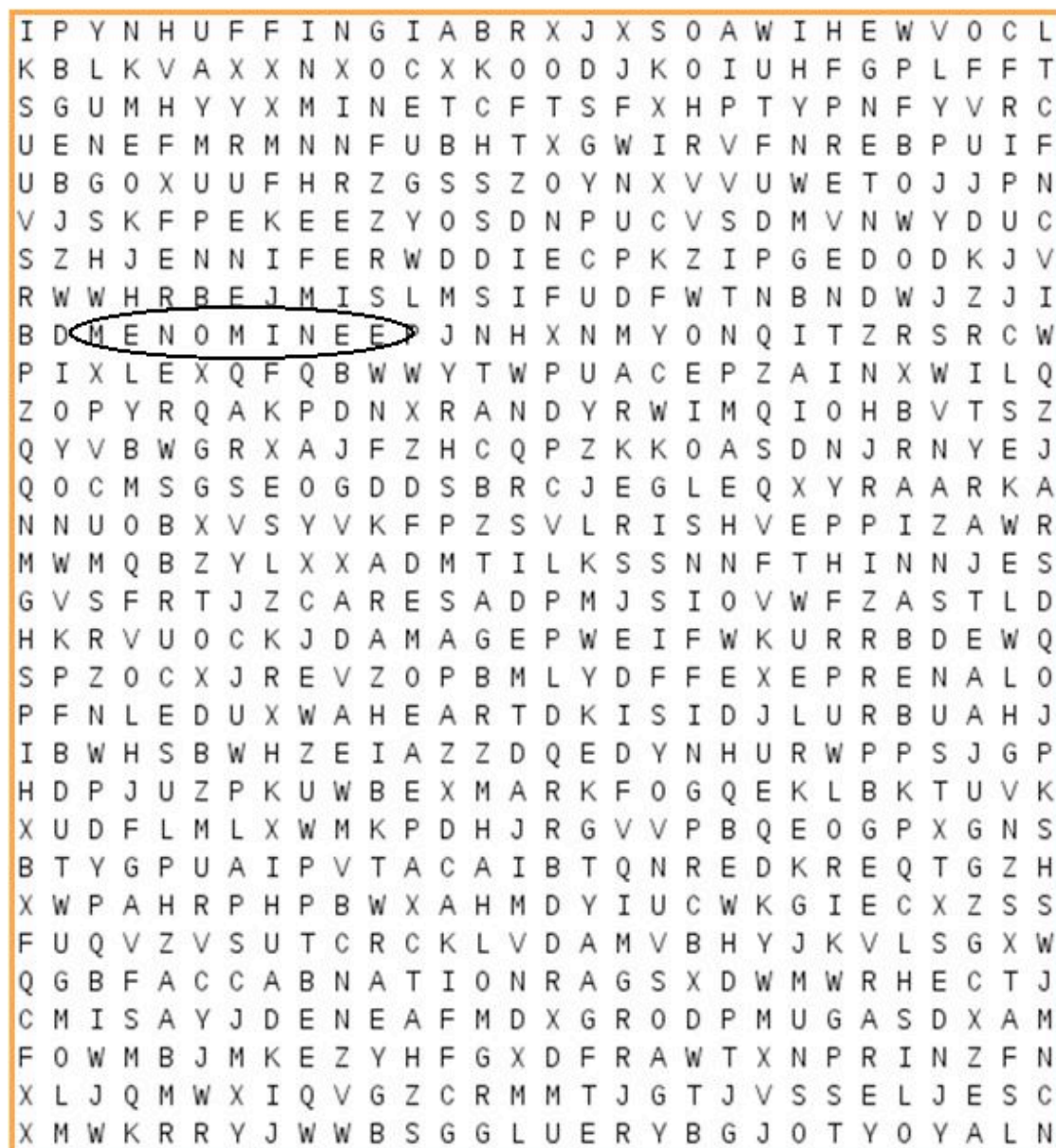


## Mark Your Calendars



# INHALANT AWARENESS MONTH (#5550)

Puzzle #5550. To view the solution or reprint this puzzle, please visit <http://www.classhelper.org/puzzle->



## WORDS

SNIFFING  
 HUFFING  
 GLUE  
 MARKERS  
 RAGS  
 SSDS  
 BRAIN  
 DAMAGE  
 HEART  
 LUNGS  
 GAS  
~~MENOMINEE~~  
 NATION  
 CARES  
 PREVEN-  
 TION  
 MAEHNO  
 RANDY  
 MARK  
 LORI  
 JENNIFER  
 BRUCE

classhelper.org

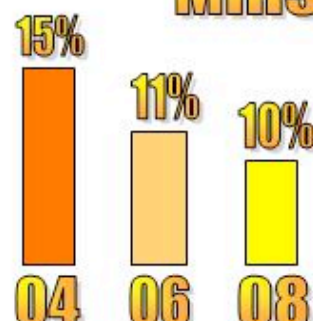
## MIMS



Where do our youth stand  
on EVER USED INHALANTS?

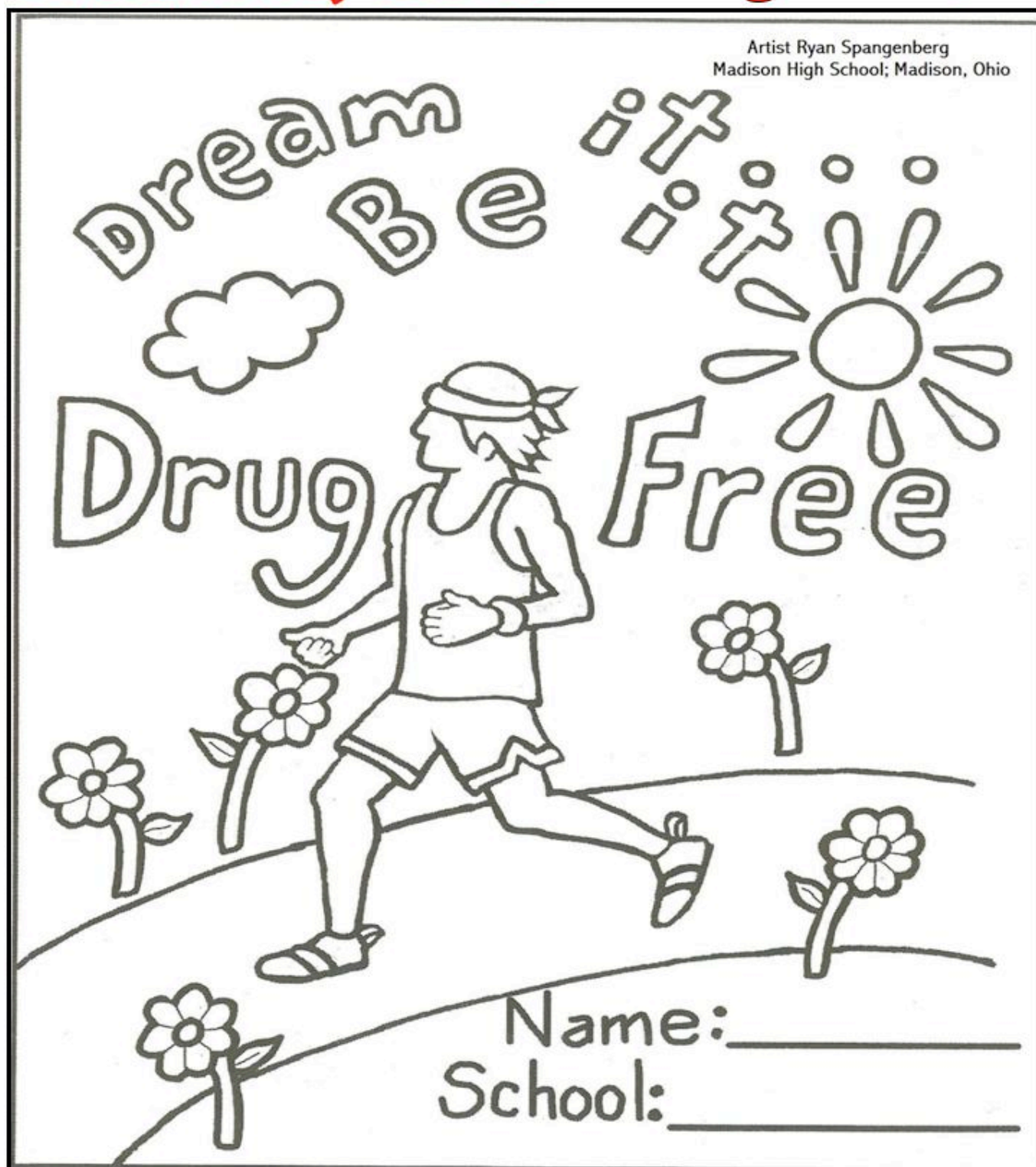
Info from 2007 and 2008 Youth Risk Behavior Surveys

## MIHS



# Dream it, Be it **Drug-Free**

Artist Ryan Spangenberg  
Madison High School; Madison, Ohio



Name: \_\_\_\_\_  
School: \_\_\_\_\_

Help promote the Red Ribbon campaign by instilling this message in our youth, Print this coloring page as a way to get the message across. Also talk to your child about growing up **drug free**.